

Meditation

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Disclaimer

None of the claims I make are guaranteed and the effects will vary from person to person.

Overview

Meditation is a technique that may be defined as being in a state of non-judgemental awareness of the present moment. Meditation is a technique that when learnt becomes a skill to train ones mind.

Benefits – Physical

Immune function, pain, hypertension, brain structure,
inflammation

Benefits – Psychological

Cognition, memory, creativity, stress, anxiety, depression

Benefits – Social

Empathy, introspection, compassion, emotion regulation

Benefits – Productivity

Improved focus, attention to details, ability to multi-task

Myths

- Religious practice/ritual.
- One has to sit still for hours to have any benefits.

How to Meditate – Overview

Two parts: Technique and Practice

How to Meditate – Technique

step 1. Sit comfortable with a straight spine, closed eyes

step 2. Observe with attention the breaths at the nostrils

step 3. Observe both incoming and outgoing breath

How to Meditate – Remarks

Mind will wander from one thought to other – it is normal

Bottomline

One may intellectualize all one wants to. Similar to swimming, one has to experience it to realize its nature and benefits.

Thank You! Questions?

Acknowledgment :